June 11, 2021
Issue #56

Nadim Azzam and Whip Jams.

Taking a Ride with Local Musicians

WHIP JAMS

The Crazy Wisdom Weekly

Published by the *Crazy Wisdom Community Journal* during the Pandemic.

The Crazy Wisdom Weekly

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Table of Contents

Word of the Week ..... page 4

Above and Beyond Self Care
By Michelle McLemore..... page 5

Concept Bubbles
By Sibel Ozer..... page 6

Crazy Wisdom Poetry Series..... page 8

10 small acts of self-compassion
By Katie K..... page 9

Nadim Azzam and Whip Jams
By Cashmere Morley..... page 10

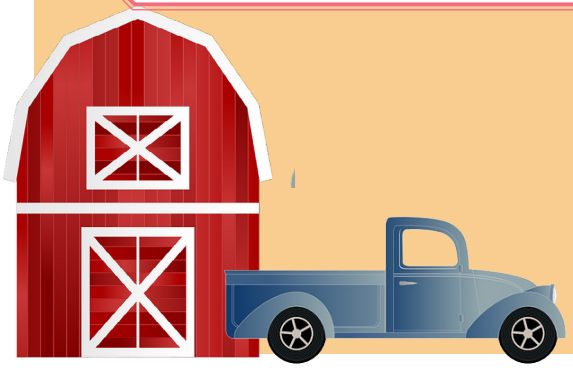
The Crazy Wisdom Book Pick of the Week...page 11

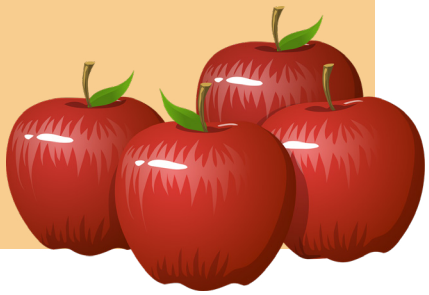
The Crazy Wisdom Weekly Calendar..... page 13

A Final Thought..... page 18

The Crazy Wisdom Community Journal is looking for a few good writers!

We're specifically looking for writers about food, farms, and local food-related cultural topics. But we're also always looking for writers on other topics for our holistic and conscious living magazine. If you are interested, email a cover note to us, and a few article ideas, to jennifer@crazywisdom.net.





New Summer Hours at Crazy Wisdom Bookstore

Monday-Thursday 11-7
Friday-Saturday 11-8
Sunday 12-5

We still require masks in our store, but we no longer have capacity limitations

Our Tea Room is still closed

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

Michelle McLemore
Sibel Ozer
Cashmere Morley
Katie K.
Jennifer Carson
Carol Karr
Bill Zirinsky

Born during the pandemic, *The Crazy Wisdom Weekly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your pets, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

Above and Beyond Self Care

From our Blog

By Michelle McLemore

2018 and 2019 seemed to be the years of "Self-Care." It was advocated in every store and every social media platform. "Take care of you first." "Do what you need and if others don't understand, that's their problem."

Certainly, becoming exhausted from busy-ness serves no one well nor anyone long term. Yet, in all the well-meant advocating for self-love, the greater need for this message wasn't being delivered. Mental and physical self care is important because it is the means to clear thinking and understanding. This then yields the SO needed empathetic actions within our larger communities and in our higher spiritual walks.

Self care was never the end goal. Self care is stress management as a necessary part of the journey to Self Transcendence. Abraham Maslow's revised Hierarchy of Needs aligns fairly clearly with the 7 major chakras. Self-Actualization (recognizing one's own desires and self advocating) begins in the heart and throat. When the Brow chakra opens, so does a wider perception and understanding of self among others. The growth culminates in the Crown for Self -Transcendence when one's own interests voluntarily merges with the needs of the Collective Consciousness. Here is where 2020 can take Self Care to its higher purpose.

In these early months of the new year, it is tradition for new resolutions, letting go, and cleansing for productivity. Individually and full communities have a need to release stagnant patterns from the winter's slowed cycles. I've found three energy intercessions helpful for this. Lymphatic drains are helpful for the lymph to move waste, reduce swelling, and energize the immune system. A Magnetic Clearing removes leftover effects from prescriptions and emotional patterns which weigh us down. A Chakra Spread aids the client in adjusting to changes in the seasons, relationships, jobs, or homes that may have occured. Preparing the mind, body, and spirit for alignment of the Throat through Crown chakras is essential work to merge self interest with interest for all.

Beyond a formal energy session, you can use a mantra for each level of chakra awakening. For the crown, you could use the sound vocalization of "AH" (like a content "Ahhhhhhhh" after a great meal) or the mental intention, " I surrender to the highest and best that seeks to emerge through me." Too long? Short ones work as well:

1. I am complete; I am significant. I am not alone.

2. I am worthy of love from Divine energy.

3. The Universe is kind and loving.

4. I am supported in discovering my soul's purpose.

5. I am here to make a difference.

Self-love wasn't "wrong" to pitch in the last few years. It was necessary. It was also the easiest part for business to "sell" quickly to the consumer. At the least, it got the ball rolling or chakras spinning we could say. With Self-Transcendence, an awareness of universal truth and oneness allows for understanding to permeate the whole being. Certainly, there may be an adjustment period. There will be a recognition (and sorrow) that not everyone in your circle may be at the same epiphany at the same time. There may be increased fervor to care for the habitat and others' consciousness. Altruistic actions and unconditional love may be misunderstood by those not at the same awareness level. But the peace that comes with the internal Knowing, the connectivity to ALL of creation -- once felt, it is never forgotten and anything less is no longer satisfactory. This was always the design. Care for yourself so that you can care for the Collective in grace, humility, and supjoy.

Read the original article online.

Concept Bubbles

By Sibel Ozer

I was recently inspired to try my hand at abstract painting and found it to be quite a bit more challenging than I would have imagined. I've heard and admit to entertaining the idea that abstraction can be produced by anyone easily, not needing the skill and expertise representational art requires. I was curious to discover what I would wrestle with, what challenges the process would bring up, how I would know my piece was done, and whether or not there would be any accompanying revelations.

Abstraction has much less to do with what a piece looks like, but rather by the power it holds within that evokes thoughts and feelings in the viewer. This power, the ability of an innate object to be infused with the stuff of humanity, is a bit of a mystery, as it can't fully be deciphered by the cognitive mind, but rather experienced with our sense perceptions. I find it miraculous and wild that an artist can impart a piece of themselves onto a canvas so that the viewer in turn can receive it.

I was struck by the truth of this dynamic when visiting with a Rothko painting at the DIA. The Institute owns an original of this famous abstract artist that has two horizontal red rectangles within a frame. I had no preconceptions about what I ought to feel, but was simply curious whether or not I would feel anything. I was surprised that what appeared on the surface as simple rectangles started such movement within my emotional landscape, I found myself flooded with emotions simply staring. What is interesting is that there is a similar painting by another artist next to his; painted in a different shade of red that splits the canvas into two vertical rectangles. I decided to make an experiment and move to the adjacent abstract and was shocked to realize that the emotions I was feeling came to a screeching halt. I repeated this process a few more times to be sure, watching my emotions come alive and then die down as I stood before the respective images. I thought to myself (with apologies to artists, art lovers, and experts who knew this all along) that there is good reason to Rothko's fame after all.

It took me many more years following that discovery to find the courage needed to give abstraction a try myself. I'm very attached to my art's revelations (nuggets of wisdom and insights into the processes of the psyche) which I thought came from the beings that appear on my paintings as I practice the Art of Allowing. This type of painting also starts with an abstract background, but there is a point where we begin to look for what images want to be brought forth from the background.

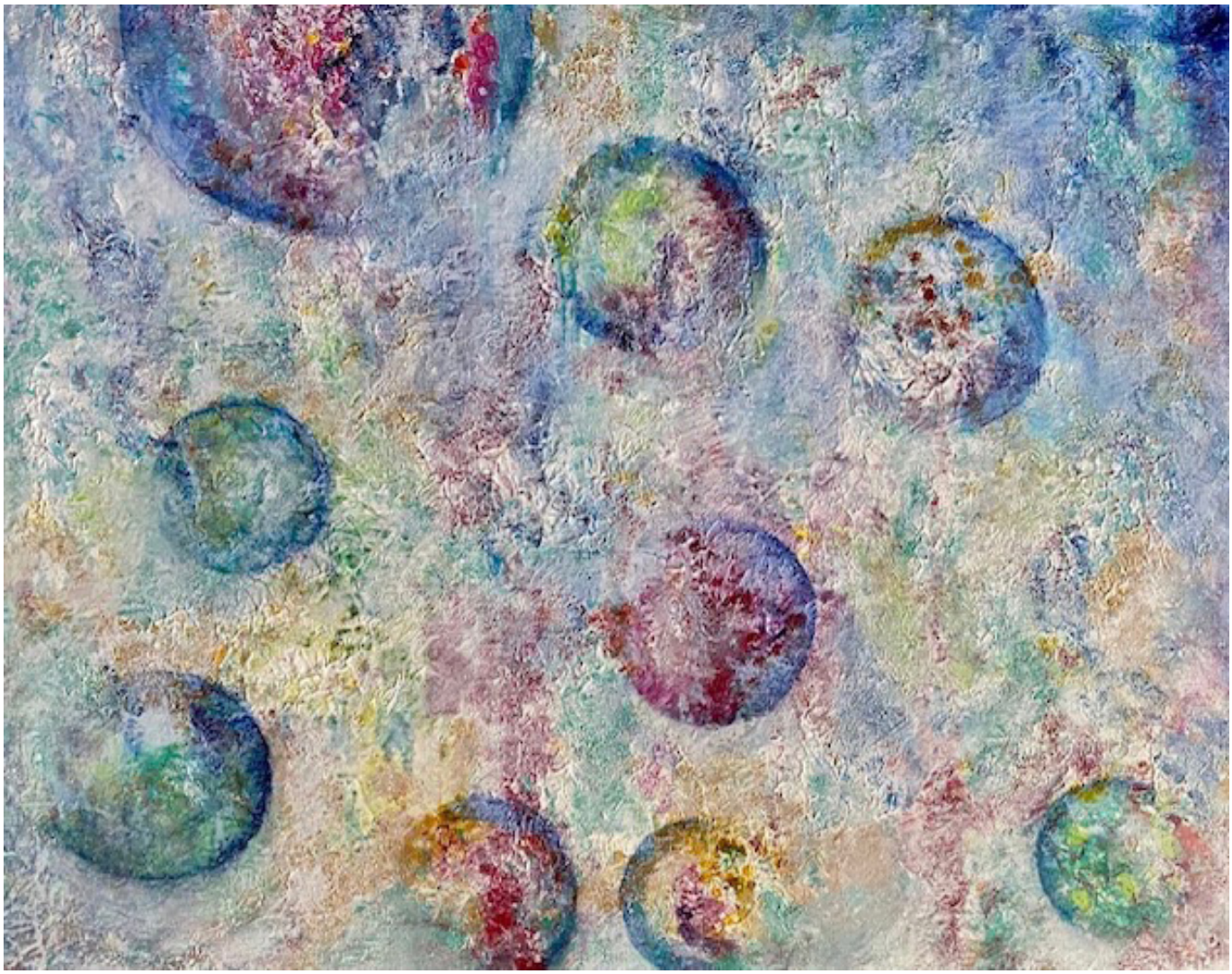
Starting was as easy as applying texture and/or paint—giving my hands and body freedom is both playful and enjoyable, allowing the mind to quiet down to enter the flow state.

The impulse to go back to letting the many figures I was seeing in the background to come forth was strong once the canvas was sufficiently covered and I had to battle thoughts that this business of abstract painting is not for me, or would end up being pointless. I had to practice great discipline to stay with the process and allow the canvas to go through multiple transformations until the alchemical process of conversion let me know that a genuine energetic exchange between my personhood and the canvas had indeed been accomplished.

When there is an authentic connection between what the psyche holds and what we give our hands permission to express (be it figurative or abstract) something within us finds a way to be transformed, worked through, or find its way from the unconscious to consciousness as it finds expression through the art. This process often feels like a big weight being lifted from one's shoulders, or like a knot that had long lodged itself in your gut had finally unraveled and was no longer bothering you.

Abstraction for me is turning out to be less about bringing things forward and more about deciding what gets to stay. Sometimes figuring out what we want in life starts with knowing what we don't want. Similarly, knowing where we are headed can begin with knowing where we no longer want to be.

As to my abstract's revelations, I need not have worried. It's title came to me shortly after completion as Concept Bubbles. The circles represent ideas linked together that influence how we think, feel, and act. They offer a visual for what Jung called complexes—ideas that are linked to one another in a way that when one is activated, the others will rush to join in the mental dialogue.



Let's say you are feeling blue long after a small mistake at work that has already been remedied. When you trace the emotions to the thoughts, you discover that any transgression, however inconsequential, lights up a group of thoughts that go: "You are never going to amount to anything", "You are always messing up", and "You are incompetent." These thoughts together get to exert more influence on the psyche than a single thought, making it harder to refute their validity. All of us have different concept bubbles that are made up of thoughts that bolster one another. Turns out they, too, have discovered that there is strength in numbers, and that bullying the psyche is easier through consensus.

I would have expected this painting to be darker had it been primarily about the concept bubbles but it is about their dissolution. I noticed at some point that the bubbles are not perfect circles, but seem to be popped or are dissolving into the background. What is happening here is what occurs when the light of awareness shines upon paradigms that took hold because they weren't held to scrutiny. It is the observation of a neutral witness that allows ideas, concepts, paradigms, and beliefs to be differentiated from the Truth—with, a big T, or one's personhood. Thoughts have power over us only to the extent that we buy into them, or agree with them. It is our ability to question, think for ourselves, ponder, contemplate, and mull things over that creates discernment.

This painting might not look like much to someone else, but it has rapidly turned into one of my favorites, as choice is a topic near and dear to my heart. We do not exercise it when we live from a place that is lacking in awareness, a place of habit, or automation. This painting helps what I know cognitively to find a resting place in my soul. Rodin said, "The main thing is to be moved, to love, to hope, to tremble, to live. Be a man before being an artist." Being an artist in turn not only makes me come alive, but also helps me do so with awareness.

Sibel Ozer is a licensed professional counselor and board-certified art therapist and a certified EMDR practitioner and a graduate of the Gestalt Institute of Cleveland. Learn more about Sible at sibelozer.com, or browse her many writings on our blog.

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Artwork by Logynn Hailey.

Crazy Wisdom Poetry Series

hosted by
Edward Morin, David Jibson,
and Lissa Perrin

Second and Fourth Wednesday
of each month, 7-9 p.m.

Until further notice, all sessions are virtual and accessible through Zoom.

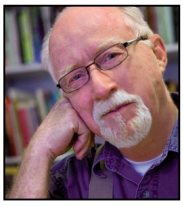
Email cwpoetrycircle@gmail.com for Zoom link

Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for up to 1 hour. All writers welcome to share their own or other favorite poetry.

Featured readers

June 23 - Kelly Fordon, award-winning writer and teacher from the Detroit metro area, explores personal and class conflicts in city and suburb. Her two recent story collections from Wayne State University Press are *I Have the Answer* and *Garden for the Blind*. Her poetry includes one book, *Goodbye Toothless House*, and three chapbooks. www.kellyfordon.com



July 28 - William Trowbridge's eighth poetry book is *Oldguy: Superhero—The Complete Collection*, Red Hen Press, 2019. His ninth, *Call Me Fool*, is forthcoming from Red Hen in 2022. He is a poetry mentor in the University of Nebraska Omaha Low-residency MFA in Writing Program and was Poet Laureate of Missouri from 2012 to 2016.

Crazy Wisdom Poetry Circle

The Poetry Series is open to all.
There is never a charge.
https://cwcircle.poetry.blog/

10 small acts of self-compassion (plus a bonus!)

By Katie K., LMSW, Clinical Director
womenscentersemi.org

“I have the blahs. Everything seems equally important. Or equally unimportant.”

“There’s nowhere I can go to be alone.”

“Except for my dog, I haven’t touched anyone in over a year.”

“He spends most of his time playing video games. I’m not sure what to do.”

“The thought of dressing up in clothes that no longer fit makes me want to hibernate.”

These are just some of the thoughts and feelings clients have shared with us in the past year. Do any of these feel familiar to you?

Reactions to these situations—which can show up as anger, depression, and even panic attacks—don’t necessarily indicate a mental illness, but may be normal adaptations to abnormal circumstances. (The abnormal circumstances of 2020-21 are too numerous to count.)

These thoughts and feelings are signals from our minds and our bodies telling us that something needs to change!

Certainly there are genetic and biological reasons for mental health symptoms. In the majority of cases, however, mental health symptoms come and go based on challenges in our lives and our ability to cope with those challenges.

Therapy is the process of learning skills and strengthening core coping muscles, so that we can continue to deal with whatever comes along.

I recently heard a therapist describe it in this way: Each of us can hold only so much. Think of our capacity as a coffee mug. As each new stress and responsibility is poured in, anything new added causes the cup to overflow.
Normal life situations can cause us to spill over. Hard things can feel impossible. So, if we can empty the cup bit by bit through self-care, we will have greater capacity for other challenges that come our way.

"Self-care” gets a lot of hype these days, but can be vague.

Self-care isn’t something big that we plan to indulge in. Self-care the belief that we deserve to take care of ourselves as least as much as we’re taking care of others.

(This is especially hard for women, who are often unaware of our own needs.)

Some examples of self-care:

- Taking time to do things that bring us joy (learning a new skill, cooking, spending time outside);
- Exercise;
- Getting enough sleep;
- Asking for help when we need it;
- Being with friends and family (even if over Zoom);
- Setting boundaries around work;
- Working with a therapist or coach;
- Stating our needs in our relationships;
- Making time for medical appointments;
- NOT multi-tasking, and of course,
- Limiting social media.

Often better health doesn’t come like a bolt of lightning, and poof—“I’m happy!” It can be more subtle than that.

Gradually, with practice, we become conscious of our thoughts and feelings, and more in control of daily life.

Nadim Azzam and Whip Jams

Taking a Ride with Local Musicians

By Cashmere Morley

From Issue #77

Photo by Jacob Hamilton/MLive.com

In the first few seconds of the pilot episode of *Whip Jams*, the viewer is taken on a kaleidoscopic tour through downtown Ann Arbor that feels almost foreign in 2021: windows down, sun splashing across laughing faces, music blasting. This is not a view one might associate with the current times, but in a world where human connection feels lost, comes a Youtube video series that aims to fuel a new kind of connectedness.

Nadim Azzam is many things: creator, producer, marketer, promoter, and host of *Whip Jams*, to name a few. But before that, or perhaps beyond that, Azzam is a musician.

Azzam began performing music in high school, and today, is very involved in the Ann Arbor music scene. He collaborates with the Blind Pig, works with the Ann Arbor Northside Community Church, and is a songwriter for the Neutral Zone off Washington.

But on Wednesdays, he'll roll up in his black Honda Civic, ready to pick up the latest and greatest talent of Ann Arbor/Ypsi. Azzam provides the whip. The artist provides the jam. And they're off, buzzing around the city, shooting the breeze while Azzam and crew collect live audio from whomever is accompanying him in his whip that day.

"*Whip Jams* is a curation across the music genre. It's all about spotlighting music and musicians in the area and giving them a platform to reach their current audiences with a little more detail," said Azzam. "Just being able to bring awareness to our community of all the artists that are here in Ann Arbor/Ypsi, especially when we can't go see live shows and everything, is what *Whip Jams* is all about."

The episodes in the first season of *Whip Jams*, out now, are bite-sized video interviews, all less than ten minutes in length. Short by design, to keep ever-lessening viewer attention spans sharp, but deep in content, so that anyone watching will take away some unknown facts and tidbits about the local music scene, *Whip Jams* is not quite like anything that has come before.

Debuting in December of 2020, *Whip Jams* shot all of its episodes before the pandemic hit. While Covid-19 has put a stall on production, Azzam is working toward airing new episodes over the summer.

Season one features interviews of Ann Arbor musicians Ki5, Mirror Monster, and Dani Darling; Flint's D. Vaughn the Illest; and Detroit-native Pariis Noel. Watching the show, one cannot help but compare *Whip Jams* to *Carpool Karaoke*, but Azzam insists they are far from similar.

"With *Carpool Karaoke*, it's sort of a late-night attraction, more for someone who is looking for comedy. They set it up almost as a gag bit, and it's really a circuit opportunity for artists who are already established. It's part of the press run up to put out an album.The truth is, the idea of *Whip Jams* developed before I knew what *Carpool Karaoke* was," said Azzam. "I think it definitely existed by then, but we didn't know about it until we were well into production. But to me, the primary difference is that *Whip Jams* is really about music discovery. We want to spotlight artists who aren't already at the caliber of getting onto the late night shows. We want to provide them the opportunity to grow their audience."

Azzam said the inception of the show came about in 2018, when he and a friend would drive around, bouncing the new music they were creating off one another. Since Azzam knew all about working in a creative, competitive field, and how important it was for musicians to get their music out there on as many outlets as possible, he wanted to craft a music interview experience that felt unique. To Azzam, this kind of informal setting of interviewing in a car felt like the most organic, honest way to get people to connect to new sounds.

Read the rest of the article online.

Crazy Wisdom Book Pick of the Week

"This book is my song of the summer."
—PARUL SEHGAL, New York Times
MOSTLY DEAD THINGS
A NOVEL
KRISTEN ARNETT
NEW YORK TIMES BESTSELLER

A Best Book of the Year pick at the New York Times, NPR, The New Yorker, TIME, Washington Post, Oprahmag.com, Thrillist, Shelf Awareness, Good Housekeeping and more.

What does it take to come back to life? For Jessa-Lynn Morton, the question is not an abstract one. In the wake of her father's suicide, Jessa has stepped up to manage his failing taxidermy business while the rest of the Morton family crumbles. Her mother starts sneaking into the taxidermy shop to make provocative animal art, while her brother, Milo, withdraws. And Brynn, Milo's wife—and the only person Jessa's ever been in love with—walks out without a word. It's not until the Mortons reach a tipping point that a string of unexpected incidents begins to open up surprising possibilities and second chances. But will they be enough to salvage this family, to help them find their way back to one another? Kristen Arnett's breakout bestseller is a darkly funny family portrait; a peculiar, bighearted look at love and loss and the ways we live through them together.

Purchase your copy of *Mostly Dead Things* at shopcrazywisdom.com.

The spring issue of
The Crazy Wisdom Community Journal
is here!

Look for articles on the King Family of Frog Holler Farm, Equine therapist Sara DesJardins, Belly Dancing with Sheila May, the Friends Lake Cooperative Community, and more!

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or

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THE CRAZY WISDOM COMMUNITY JOURNAL
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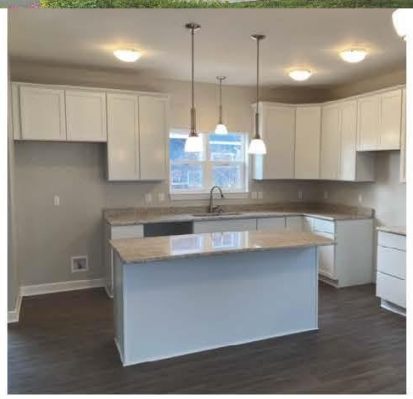
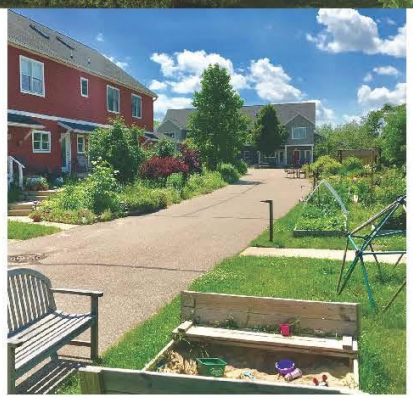
MAY THROUGH AUGUST 2021 - ISSUE 77
Cathy King
— The King Family —
Half a Century of Farming, Making Music, Teaching Yoga, and Building Community
HOLLER FEST
Energy Healer and Equine Therapist Sarah DesJardins • Rev. Marie Duquette on One Year of Covid • Conversations with Nature • Great Tastes in Local Food • Whip Jams and Local Musicians • Acupuncturist Cynthia Esseichick • Susan Westhoff of Leslie Science Center • Belly Dancing with Sheila May • How a Pandemic Changed My Life After High School • How the Farmers Market Survived • Friends Lake Cooperative Community • Yoga Column • Events Calendar • And More

TOUCHSTONE





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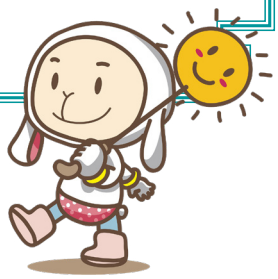
The Crazy Wisdom weekly Calendar



Animals and Pets

Basic Animal Communication with Judy Liu Ramsey• Saturday, June 19-Sunday, June 20 • 9:00 a.m. • Rediscover your natural telepathic communication skills with step-by-step instruction. In a supportive class environment, learn how to connect with animals the way they communicate with each other. It's a fun, creative, and fascinating window to the world around us! Class will be online via Zoom format. Required reading: Animal Talk by Penelope Smith. $150/$75 for repeating students. Contact Judy Ramsey via email at ramsey.judy003@yahoo.com or https://JudyRamsey.net.

Bodywork and Body mind Therapies

Bowenwork4kids with Lisa M. Teets • Monthly, Third Sundays: June 20, July 18, and August 15 • 3:00 p.m. • Bowenworks4Kids is an opportunity for children to receive high quality soft tissue Bowenwork therapy. It can provide permanent healing and relief of pain from a multitude of acute and chronic conditions. The work frequently results in a deep sense of overall relaxation and facilitates the recharging and balancing of the body. Young people respond well to this work. First session free for kids under 17. Visit online at Bowenfix.com. Contact Lisamteets@gmail.com.

Book Discussion Groups

Jewel Heart Readers with Jewel Heart Instructors • Monthly, second Mondays: June 14 • 7-8:30 p.m. • Enjoy lively discussion on monthly Buddhist-related book selections with our community. All are welcome. Free, but donations welcome. Contact Jewel Heart at programs@jewelheart.org or 734-994-3387 for this month's book selection and participation information. Visit the Jewel Heart website at jewelheart.org.

Buddhism

Jewel Heart Sunday Talks: Ancient Wisdom. Modern Times with Demo Rinpoche or Gelek Rimpoche • Weekly on Sundays through August 29 • 11:00 a.m. • We invite you to enjoy one-hour Sunday morning talks with live presentations by Demo Rinpoche and video recordings by Gelek Rimpoche. Stay tuned for the moderated discussion after the talk. Free, yet donations welcome. Contact Jewel Heart at 734-994-3387 or send an email message to programs@jewelheart.org. To register, click on the link accompanying this program's listing at jewelheart.org/free-weekly-virtual-programs. For more information, visit the Jewel Heart website at jewelheart.org.

Zen meditation and service; Informal conversations on the Dharma with Marta Dabis • First and Third Sundays: June 20, July 4, July 18, August 1, Aug 15 • 11:00 a.m. meditation; 11:40 a.m. service • Traditional Japanese Zen Buddhist meditation in the lineage of Shrunyu Suzuki, followed by Buddhist chanting in English and Japanese, and an informal conversation about Buddhism. Donations only. Contact Marta Dabis at 248-202-3102 or JissoJiZen@gmail.com; JissoJiZen.org.

Karma—Opportunities and Challenges (Applied Meditation Technology series) with Hartmut Sagolla and Supa (Greg) Corner • July 10 • 9:00 a.m. • What causes the events in our lives to happen? Is it chance or the actions of a higher power—or just cause and effect? This workshop explores the reality of actions and their consequences through guided meditations, individual meditation, and discussion. $25 Jewel Heart Members / $30 Non-Members. No one is turned away due to financial considerations. To register, go to the Jewel Heart website at jewelheart.org. Contact Jewel Heart at 734-994-3387 or email programs@jewelheart.org

Ceremonies, Celebrations, and Rituals

Ryaku Fusatsu - Full Moon - Vow Renewal - Ceremony with Marta Dabis • Fourth Sunday of each month May 23 - August 22 • 11:00 a.m. • After 40 minutes of Zen meditation, a traditional Japanese Full Moon (vow renewal) ceremony will be held in English. Donations only. Contact Marta Dabis at 248-202-3102 or email JissoJiZen@gmail.com; JissoJiZen.or.

Summer Solstice and Blessing of the Labyrinth with Esther Kennedy, OP • Sunday, June 20 • 3:30 a.m. • Those of us in the Northern hemisphere of our beautiful planet gather to remember our connection to the Sun, source of our light. We celebrate the fullness of life growing in the fields around us. In gratitude for all, we light the Solstice Fire. As it burns, we honor the spiritual fire within each of us. Free and open to all. Contact the Weber Center at 517-266-4000 or visit webercenter@adriandominicans.org.

Children and Young Adults

H2W2 - K4K - Happy, Healthy, Wealthy, Wise - Kabbalah for Kids (5th grade & up) with Karen Greenberg, R.P.T., and Certified Essence Repatterning Practitioner • Sunday, June 13, July 11, August 15 • 1:00 p.m. • Utilizing movement, multi-sensory input, color, and experiential learning, we build self-esteem of spiritually evolved children (rather than reinforcing feelings of being different, damaged, defective, disordered, or dysfunctional). In an ascensional journey through the Tree of Life, we aid in organizational skills, navigating low-vibrational emotions, relationships, setting healthy boundaries. We encourage children in discovering and fostering their authentic selves and genius, to fulfill their spiritual mission of a healthy, interdependent, functional planet for the prophecy of 1000 Years of Peace. $50 for a 2-hour class; meets one time/month for about a year. Contact Karen Greenberg at 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.

Death and Dying

Death Cafe with Rev. Annie Kopko via Zoom• Monthly on First Tuesdays, through August 3 • 6:30 p.m. • Discussion of Death and Dying. Free, but donations appreciated. Contact the Interfaith Center for Spiritual Growth at 734-327-0270 or interfaithspirit.org.

End-of-Life Doula Training with Patty Brennan • July 7, 17, 18 • 9:30 a.m. • End-of-life doulas are the new frontier in end-of-life care. Their emergence is an outgrowth of recent cultural trends favoring more natural and holistic approaches for an aging generation of baby boomers. Our End-of-Life Doula Training covers how to provide non-medical comfort and support to the dying person and their loved ones in the final days, weeks, and months of life. $697. Contact Patty at 734-663-1523 or patty@lifespandoulas.com; LifespanDoulas.com.

Dreamwork

Dream Encounters (When it's not "just a dream.") with Michelle McLemore, CHTP, Rev. • Sunday, August 8 • 2 p.m. • Discuss spiritual and other encounters that can occur during sleep. Examine your dream "tells" that reveal you are not just dreaming. Techniques for staying within the encounter as well as to disengage and wake as needed will be offered. 1.5 hour with time for discussion. $50. TBD if on-site or via video conferencing. Contact Michelle at 517-270-0986 or energy@michellemclemore.com; facebook.com/MichelleMcLemoreHealingGuide.

Energy and Healing

Intro. to Energy Sensing and Healing with Michelle McLemore, CHTP, Rev • Saturday, June 12 • 1:00 p.m. • What unites all energy modalities and theories? Learn the Earth's and basic human energy anatomy systems. Discover how energy and higher sense perception (aka E.S.P.) relate. Rediscover peace in grounding exercises and joy in sensing and interpreting energy patterns. Practice energy-scanning and healing techniques on-site. Book with a partner or make a new friend in class. 2.5 hour class. $75. ($10 for prior students wanting refresher.) Class size is limited. You may choose to wear a mask, but it will not be required per individual's health needs. You will, at times, be completing exercises within a 6-foot distance of others; during general instruction, chairs will be spaced accordingly to most recent CDC/Health Dept. education recommendations. Contact Michelle at 517-270-0986 or energy@michellemclemore.com; facebook.com/MichelleMcLemoreHealingGuide.

Exercise and Fitness

Exercise and Fitness Virtual TRX Suspension Class with Gwyn Jones • May through September • Wednesdays 8:15-8:45 a.m., Fridays 8:15-8:45 a.m. • TRX is suspension training workout that will give total-body health benefits for everyone. Gravity is your resistance here, so adjusting and modifying your moves gives you the advantage to choose the level of difficulty you want. Modifications are given for every move, so you always keep building workouts. TRX will challenge your strength, core, and cardio individually or all at once. Students will need their own straps. $10. Contact Gwyn by filling out an online form at gwynjonespilates.com.

Moving Meditations: Spiritual Forms for Physical Health with Michelle McLemore, CHTP, Rev. • Saturday, July 10 • 11:00 a.m. • Religions across the world share many of the same moving prayer forms. Research shows the combination of focused thought along with movement increases energy intake & energy flow, raises vibration, and helps the overall physical health. Explore poses that overlap between yoga, Christianity, Islam, and other spiritual, intentional forms. Learn a short moving meditation that combines the health-improving, most utilized poses world-wide, yet is not linked to one set religion or dogma. 1 hour workshop. Participants should bring their own towel or yoga mat. $40. Contact Michelle McLemore at 517-270-0986 to register or visit energy@michellemclemore.com; facebook.com/MichelleMcLemoreHealingGuide.

Fairs and Festivals

Psychic Saturday Party • June 19 • At our twice-monthly ESC Psychic Parties (1st & 3rd Saturdays), we have a variety of readers and healers for your enjoyment, along with visiting vendors for shopping! WHAT A GREAT WAY TO EXPLORE A VARIETY of readings and healings at one time, under one roof! Psychic mediums, tarot/oracle card readers, and medical intuitives can connect you with departed loved ones and the life guidance you seek. Intuitive energy healers using Reiki and other healing modalities can give relief from and insight into physical issues. Sessions 15 minutes minimum, $2/minute. NEW SUMMER HOURS: 3:00-9:00PM, drop-in, first-come first-served. $3 admission includes gifts for all attendees, shopping, FREE snacks, FREE parking!

PSYCHIC READERS on June 19:
Marielle Gagne' - Psychic Medium, Medical Intuitive
Susan Harvey - Angel Readings
Michelle Michael - Angel Cards, Psychic Medium

John Floros - Clairvoyant Medium

ENERGY HEALERS on June 19:
Melissa Piper - Angelic Reiki
Joy Aleccia & Trish Maley - Intuitive Reiki & Chakra Balancing

SPECIAL VENDOR on June 19:
Jingling Gemstones & Jewelry

Learn more at: enlightenedsoulcenter.com/psychic-saturday-party-june19

Life Transitions

Navigating Loss and Grief in Grace with Barbara Hutton • June 21, July 25 • 12:00 p.m. • A 2-hour class which includes exploration, sharing (totally voluntary) and guided imagery/meditation. An experience held in the context of Wholeness. $35. Contact Barbara Hutton at 734-223-3485 or bdhutton@sbcglobal.net.

Meditation

Mornings of Mindfulness with Esther Kennedy, OP • July 10, August 7 • 10:00 a.m. • We gather monthly as a Mindfulness Community to deepen our understanding and commitment to daily meditation practice. Reflecting upon our relationships with honesty and courage, we amp up our capacity to be love within family, neighborhood, city, and world. $15; $40 for all three. Contact the Weber Center at 517-266-4000 or webercenter@adriandominicans.org.

Sufi Chanting, Movement, and Meditations with Imam Kamau Ayubbi • Every Tuesday through August • 6:30 p.m. • Sufi study and celebration via Zoom. Donations $5-10 per class. Contact the Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

Solstice Sound Bath Meditation with Rob Meyer-Kukan • June 19 • 7:00 p.m. • Join Sound Therapist, Rob Meyer-Kukan of 7 Notes Natural Health for this dedicated time to prepare for the coming season and solstice. Using over 40 different, Rob will create a sound bath meditation that allows you to enter the new season feeling relaxed, calm, and refreshed. Please bring a mat and any additional supports you would like for your comfort (blankets, pillows, bolster, eye pillow, etc. Participants are required to wear a face-covering during this. $25 Advanced Registration Required at forms.gle/MAjDpeh4WEZcS6Jp7. Space is limited to 8 participants. Please note that registration closes on June 18. Contact 7 Notes Natural Health at 248-962-5475 or rob@robmeyerkukan.com; robmeyerkukan.com.

Freedom: Online Sound Bath with Rob Meyer-Kukan • July 4 • 7:00 p.m. • Join Sound Therapist, Rob Meyer-Kukan, for this celebration of FREEDOM on Independence Day. Singing bowls, gongs, chimes, and more will be combined to bring the listener to a space of relaxed freedom. This sound bath meditation is brought to you in a donation-based model; you may donate at paypal.me/robmk. To watch/listen to this sound bath meditation, visit.youtube.com/robmeyerkukan. FREE. Contact 7 Notes Natural Health at 248-962-5475 or rob@robmeyerkukan.com; robmeyerkukan.com.

Connecting with Various G-D Names/Aspects: Heavenly Travel with Karen Greenberg, R.P.T., Certified Essence Repatterning Practitioner • Sunday, July 18, 25, August 1, 8 • 1:00 p.m. • Learn how to create a sacred, protected space to astral travel safely to the planets associated with the Ten Sephirot (Spheres) in the Tree of Life, to become more deeply acquainted with ten different aspects of G-D. Learn how to connect to the energy of each different aspect of G-D, and the special quality that it represents. You may receive invaluable messages and/or answers to compelling questions. $190 for all 4 parts. Contact Karen Greenberg at 734-417-9511 or krngrnbg@gmail.com; clair-ascension.com.

Training for Teaching Youth Mindfulness (2-day workshop) with Rita Benn, Kristin Ervin, and Mary Spence • Tuesday & Wednesday, Aug 3 - 4 • 9:00 a.m. • Educators and mental health professionals will learn to translate their personal practice of mindfulness into the classroom and clinical setting. We will share ideas on how to address our collective trauma using the skills of mindfulness. We will focus specifically on adapting key mindfulness practices for emotion regulation and stress management. Participants will explore teaching these practices in breakouts with their peers under the guidance of the instructors. Scripts and handouts will be provided. Participants will have opportunity to take time in restorative mindfulness practice in a retreat like, nature setting by the lake. CEU's and SCECH's provided. $255 by July 15; $295 after this date. Contact info@mc4me.org.

Prosperity and Abundance

Doula Business Development Workshop with Patty Brennan • Saturday, June 19 • 8:30 a.m. • Visioning, launching, and growing a business is a creative act. It necessarily involves getting outside of your comfort zone, the humility to be a novice, and a willingness to learn. The payoff is becoming one of those rare people who loves their job, who gets paid for doing work you were born to do, on your own terms. $220; $200 early bird. Contact Patty at 734-663-1523 or patty@lifespandoulas.com; LifespanDoulas.com.

Reiki

Reiki Level 2 (In Person) with Julie Sottek • May 29, June 26, July 24, August 21 • 11 a.m.- 6 p.m. • Prerequisite: Reiki Level 1. Level 2 Course is a combination of lecture, discussion, demonstration, and practice time. Each student will experience giving & receiving a complete session using Byosen scanning and the hand placement system. We will practice using all the Reiki 2 symbols as well as the techniques mentioned level 1. Level 2 Course includes certificate and materials. Light snacks and water will be provided. Students should dress comfortably, bring a notebook to journal and lunch. Limited participants. $75 deposit required at registration. $150 Level 2 Only*, $290 Level 1&2. LARA and State of Michigan health protocols will be practiced including face coverings and 6-foot distancing. Contact Julie Sottek at 517-917-7910 or dragonflydeo@gmail.com; dragonflydeo.com.

Retreats

Heart Sutra with Demo Rinpoche • Friday, June 18, Saturday, June 19, 8:30 a.m. to 8 p.m.; Sunday, June 20, 8:30 a.m. to 5 p.m. • The Heart Sutra, one of Buddha's greatest gifts to humanity, is a quintessential teaching on the true nature of reality. $180/Jewel Heart Members, $225/Non-Members. No one is turned away due to financial considerations. To register, go to the Jewel Heart website's retreat page at jewelheart.org/retreats. For more information, call Jewel Heart at 734-994-3387 or message programs@jewelheart.org. jewelheart.org

The A-B-C's (and D-E-F-G's) of Light Body (2-day course via Zoom) with Karlta Zarley, RN, CHTP • June 19, 8 a.m.-12:30 p.m. and June 20, 1-5:30 p.m. • We will be reviewing the basics about Light Body transformation and then going on to more advanced material. You will get to assess where you are in this process. Registration deadline is June 10. Attendance is limited to the first 12 people so there is plenty of time for Q&A. $110. Contact Karlta Zarley at 734-834-1566 or kzarley88@gmail.com.

Joyful Summer Retreat: Kingdom of the Mind—Mind and Mental Faculties with Demo Rinpoche • Friday, August 20 - Sunday, August 29, 8:30 a.m. • The mind is mirror-like, luminous, and rich with possibility. Yet, when obscured by negative thoughts and emotions, we experience life as confusing and harsh. Come explore the mind and its inner workings and gain understanding of how we can fulfill our greatest potential. $475/Jewel Heart Members, $550/Non-Members. No one is turned away due to financial considerations. To register, go to the Jewel Heart website's retreat page at jewelheart.org / retreats. For more information, call Jewel Heart at 734-994-3387 or email to programs@jewelheart.org.

Shamanism

Healing with Spiritual Light with Connie Lee Eiland, Shamanic Practitioner • June 12 • 10:00 a.m. • This class teaches transfiguration, bringing quantum physics in as we work with the unlimited powers of the universe. In Healing with Spiritual Light, we become the Light. Healing is through the Law of Resonance. This method doesn't see the client as ill. $180 until May 29, then $220. Contact Connie Lee Eiland at 248-809-3230 or clshebear7@gmail.com; SheWolfShaman.com.

Basic Shamanic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life with Judy Liu Ramsey • July 10,11 • 9:00 a.m. • The shamanic journey is an easy and powerful tool we can use to access spiritual guidance. In this class, you will meet and begin to develop a relationship with a compassionate spirit or power animal who is coming forward to help you at this time in your life. You will learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, intentionally through the world in a balanced way. This class is a prerequisite to ongoing and more advanced shamanic studies. $140. $160 if paid after July 1. Contact Judy Liu Ramsey at ramsey.judy003@yahoo.com; https://JudyRamsey.net.

Connection & Empowerment with Connie Eiland, Shamanic Practitioner • Saturday, July 10 • 10:00 a.m. • With journeys and divination, this class will advance your skills and improve your connection to Spirit and the web of Life. It will help clarify and strengthen your personal power. Time will be spent partly in nature to assemble a medicine bundle. Ceremony and initiation are included. $180 till June 26, then $220. Contact Connie Eiland at 248-809-3230 or clshebear7@gmail.com; shewolfshaman.com.

Spiritual Development

Peace Generator (via Zoom) with Craig Harvey • Friday, June 18, July 16, August 20 • 7:00 p.m. • Meditate, pray, and set intentions for peace. Free, but donations appreciated. Contact Interfaith Center for Spiritual Growth at 734-327-0270; interfaithspirit.org.

Stress Management

Stress Management Traumatic Incident Reduction Workshop with Marian Volkman • June 15, or August 3 • 10:00 AM • 5 day online workshop 10-4 each day Practical Trauma and Stress Resolution.Move Beyond Symptom Management to Effective Trauma Recovery. Continuing Education credit available for Social Workers. Learn to use (TIR) Traumatic Incident Reduction, effective for reducing and eliminating after effects from: Stress, Difficult relationships, any upsetting, severe or shocking event War trauma, either received, caused or observed, trauma caused as well as received or observed, including domestic violence, accidents and injuries, losses of all kinds, unwanted feelings or thoughts. $695. Contact Marian Volkman at marian@tir.org or 734-662-6864; or visit appliedmetapsychology.org/professional-training/meet-the-trainers/marian-volkman/

Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!

Send your listing in here.

Tai Chi, Martial Arts, and Self Defense

Yang & Chen Tai Chi: Beginning/Intermediate with Karla Groesbeck • On-going, Everyday • Visit website for course times • Multiple classes: Qigong & Easy Tai Chi, Tai Chi for Mobility Maintenance, Yang & Chen Long & Short Forms. Free/Low Fee. Contact Karla Groesbeck at 734-325-4CHI or info@taichilove.com; taichilove.com.

Classes with Asian Martial Arts Studio • Ongoing, In-Person classes. Visit website for dates/times • Martial arts classes include Aikido, Kung Fu, Karate, Tai Chi, Wing Chun, and Lion Dance with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in Asian culture. Children's classes offered also. Contact Asian Martial Arts Studio at 734-994-3620 or info@a2a.m.as.com; or visit a2a.m.as.com.

Virtual Presentations

Women in Ancient Mesopotamia • Thursday, June 16 • 7 p.m. • Ancient Mesopotamians' great achievements in many scientific fields still impact us and are being used today. However, for a long time the women who helped build this civilization were silenced by historians. As the past one hundred years have shown, these women played larger roles outside the home than previously thought, including holding great political power and religious status. For more information and to register visit the Commerce Township Community Library website.

Writing and Poetry

Sit. Stop. Write. Zen and Poetry workshop with Dmitry Berenson • Sunday, June 27, July 25, August 22 • 1:15 p.m. • Like a plant that grows out of bare ground, to express ourselves in poetry we must start from an empty place. We will do a little meditation and reading from Zen and other sources to help us touch that place and then spring out to write our own poetry. Find your seat; find your voice. Donations only. Contact Marta Dabis at 248-202-3102 or JissojiZen@gmail.com; JissoJiZen.org.

Crazy Wisdom Poetry Workshop (via Zoom) with Edward Morin, David Jibson, and Lissa Perrin • Monthly, Second Wednesdays: JJuly 14, August 11 • 7-9 p.m. • Workshop at Crazy Wisdom Tearoom. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m. Until further notice, all sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link. Free. Contact Edward at 734-668-7523 or eacmorso@sbcglobal.net; https://cwcircle.poetry.blog/.

Crazy Wisdom Poetry Featured Readers (via Zoom) with Carolyne Wright, Kelly Fordon, and William Trowbridge • Wednesday, June 23, July 28 • 7-9 p.m. • Each night one featured reader will share for 50 minutes, followed by an open mic reading for one hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m. Wright will share in May, Fordon in June, and Trowbridge in July. Until further notice, all sessions are virtual and accessible through Zoom. Email cwpoetrycircle@gmail.com for Zoom link. Free. Contact Edward at 734-668-7523 or eacmorso@sbcglobal.net; https://cwcircle.poetry.blog/.

Writers' Workshop: Summer Flourishings with Tarianne DeYonker, OP, MSW • Thursdays, July 15, July 22, July 29, and August 5 • 6:00 p.m. • Come gather with other creative writers for time set aside to express what's been hidden inside but longs to enjoy the light of long summer days. Whether you write as spiritual practice or to give creative expression to your ideas and feelings, consider joining a supportive group of writers and invest the time. Cost: $80 full series. Registration Required. Contact the Weber Center at webercenter@adriandominicans.org or 517-266-4000.

How to Get Your Children's Book Illustrated and Published with Upasna Kakroo • Saturday, July 17 • 12:00 p.m. • Upasna Kakroo, illustrator and co-author of the children's book Lil' Danny Runs A Race, will share her journey of how to get from concept to finished product in the genre of Children's Literature. $5. Contact Clementine at fitfundone@gmail.com.

Yoga

Virtual Yoga Classes with Imagine Fitness • Yoga classes for everyone. No experience necessary. Styles include Hatha, Restorative, Beginners, and Fundamentals. $21/drop-in. Contact Imagine Fitness and Yoga at 622-8119; imagine@imaginefitnessandyoga.com or imaginefitnessandyoga.com.

Yoga Classes at The Yoga Room with Christy DeBurton • Private sessions available via Zoom/Facetime/Skype • Offering Hatha, Yin, and Vinyasa yoga classes. See website for pricing and full schedule. Contact Christy at 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Yoga RYT200 Teacher Training with Ema Stefanova • Flex Start and Finish Dates, Flexible In-Person and remote learning. • Our teacher training is student-centered, fun, practical, and well designed to systematically deepen your understanding of all aspects of yoga, help develop your personal practice (Sadhana), help develop skills for safely teaching yoga including meditation, and help integrate yoga and meditation in your professional career as a social worker, schoolteacher, massage therapist, or healthcare professional. For more information, contact Ema at YogaAndMeditation.com.

Beginning/Supported Yoga (online) with Sue Salaniuk • May through August • 10:00 a.m. • Yoga for beginning students or those who wish a more supported approach. $98/week or $15/single class. Contact sue@yogaspaceannarbor.com.

Experienced Intermediate Yoga (online) with Sue Salaniuk • May through August • 6:00 p.m. • For experienced students who are working on inversions or appropriate alternatives. $98/7 weeks $15/class. Contact sue@yogaspaceannarbor.com.

DREAM
BIG.